



## One Life Racing Round-up No.78, 21<sup>st</sup> October 2011

### Annual Regional Awards and AGM – from Steve Robertson & Michelle Scott

This year's North East Regional AGM will coincide with the Regional Presentation on **18 November at the Holiday Inn in Newcastle, starting at 6.30pm** (just over an hour before the presentation will start). This is an ideal opportunity for **ALL club representatives and club members** to come along and have their say about what goes on within the region and to meet the committee etc. After all, it is your region – come along and support it! Tickets for the presentation are £10 for adults and £5 for juniors and are available online on the TriHard website [HERE](#)

The full AGM agenda will be available shortly – keep checking [www.trinorthernpulse.co.uk](http://www.trinorthernpulse.co.uk) for details.

In the mean time, there is a list below of the roles that the current committee members play within the region. Click the links to read more about the roles. These roles will be up for discussion at the AGM and will give people involved in triathlon in the region to have the opportunity to ask to be put forward for election if they feel that they fit the job description. The people who currently fill these roles can be viewed in the 'committee' section of the website.

[Technical Co-ordinator](#), [Chair Person](#), [Secretary](#), [Vice Chair](#), [Treasurer](#), [Webmaster](#), [Welfare Officer](#), [Young Person Co-ordinator](#)

(There are 2 position's available for Events Co-ordinator and Grand Prix Co-ordinator however the exact roles will be discussed further at the AGM)

### Junior Grand Prix Results

It's been another fantastic season for the clubs juniors, once again sweeping the board in many of the age categories. Presentations for the junior Grand Prix will be made during the presentation evening on 18<sup>th</sup> November.

The following events are included in the series: Kilingworth Aquathlon, Haltwhistle, PLD, Hetton, Troutbeck, and Cleveland Aquathlon

A full list of the results is available on our website [HERE](#). (The score for each event assumes 100 points for winner and others calculated as a percentage of the winners' time. Best four events are counted).





## Manchester Velodrome Cycling Sessions

The next block of track time has been allocated to the regions for the Sunday 12-3pm Go-Ride club velodrome sessions. Following our next session on 27<sup>th</sup> November the North East has also been allocated sessions on **29<sup>th</sup> January 2012 and 11<sup>th</sup> March 2012.**

The sessions apply to junior riders aged 10-16 and it would be great to see a mix of experienced and novice track riders take part in each session. Officially, we have four places on each session, but we will try to get as many as possible on as we are the biggest of the Go-Ride clubs and not many of the other Go-ride clubs used their allocation last time.

If you are interested in this opportunity please contact **Ross Maxwell** on:

[ross.maxwell@newcastle.ac.uk](mailto:ross.maxwell@newcastle.ac.uk)

## New Club Bike!

I'm sure everyone will join us in saying a massive thank you to **Marianne and Rob Pughe** of [Saunders & Pughe](#) for their donation of the latest addition to the One Life Club bikes. A brand new Moda child's road bike! Marianne has recently relinquished her role as head cycling coach/ guru after doing some fantastic work with the juniors and adults alike. On behalf of the club I would like to thank her for all the hard work and commitment she has given the club over the years and for this extremely generous donation.





## Glentress Mountain Bike Trip – a report from George Bell

On the 22<sup>nd</sup> and 23<sup>rd</sup> October the 2011 One Life mountain bikers took to the trails in the Scottish hills. The first to arrive on the Saturday were the Bells, Todhunters and Harrisons. They took to the hill and had run after run all day. After that days fun they headed for a celebratory meal and prepared for the next day. The Bells and Todhunters shared a wigwam (luxury heated shed) too much amusement of the Harrison twins, was small but cosy. So in the spirit of the conditions they did a recreation of the Father Ted caravan and played hide and seek. Meanwhile in the MacDonald hotel not far from the fun were the Harrisons settling down in luxury into their hotel room.

The Sunday was an equal success as more One Lifers came to join the trio Pughe's, Wylie's, Sanderson's. There were two groups that set off, a higher group that was set the challenge of descending the red route as the other group went on the blue runs. The day was separated by a lunch break at the brand new café facility at the base of the hill. The weekend drew to a close, the One Lifers made one last run down electric blue, having all had a fantastic time and couldn't wait till next year.





## Tynedale Sports Council Annual Awards

**Please be quick** if you would like to make a nomination for the Tynedale Council Sports awards for 2011. Nominations close on **Monday 31<sup>st</sup> October**.

Full details of the event and a nomination form are available via the following links. Nominations can be emailed to Matt Bewick of NCL via [matthew.bewick@northcountryleisure.org.uk](mailto:matthew.bewick@northcountryleisure.org.uk)

[Introduction letter](#)

[Awards Information](#)

[Nomination form \(front\)](#)

[Nomination form \(rear\)](#)

### Offers and advertisements

As always, we have received a number of offers/ advertisements this week, details are below

[Cycling themed Xmas cards](#)

[Alpe d'Huez triathlon entry offers](#)

[Girona cycling camps](#)

['Brutal Extreme' Snowdon Triathlons](#)

Free places at [Challenge Henley](#) Iron distance Triathlon if a club enters five individuals or teams email [philippa@justracinguk.com](mailto:philippa@justracinguk.com) for details.

Cheers,

Alan & the One Life team

